

AVP SYDNEY BASIC WORKSHOP, 28 Feb –1 March 2015

Date(s): Sat 28 Feb – Sun 1 March 2015
Venue: Auburn STARTS Office
Times: Sat & Sun 8:30am - 6:30pm
Facilitators: Janis, Ken, Patrick, Sanjee, Vidya
Support Person: Malcolm, Patricia
Report by Ken

Successful workshop with a large group (13 participants). Very diverse group in age and background. Strong sense of community built, and 3 very relevant role-plays enacted.

What went well: every activity was engaged with enthusiastically; agendas flowed well and were crafted by consensus by the team-who worked very well together. New facilitators took on major activities, including debriefing and de rolling at least once, with confidence. Violence and peace trees, with the request, 'give examples from your own life ', had extra depth; underlying anger before role-plays worked well (3 role-plays after lunch could have been tricky if there was triggering, however the team felt that the group was safe); also, before the theatre groups, we briefly (5 minutes) brainstormed possible conflict scenarios, and this provided a rich selection for groups to choose from.

Challenges/could be done differently: unable to access the room for facilitators, therefore meetings happened in the main room-good for transparency, but may have contributed to a couple of comments re 'disorganisation '. Couple of comments re-repetitive reflections: perhaps after the first important couple of sessions, good to remind facilitators to select the major activities and/or give instruction: 'look at the agenda and reflect for a minute... anything you would like to say?'

Important verbal feedback from one (mature aged) participant: 'I've been to many workshops, and this has been one of the most enjoyable; but importantly, it's good to see a process where role-plays are done well and safely-I have seen them used unsafely many times'.

1

	DAY 1	SESSION 1&2. 8:30 - 12:30
1		Welcome & Intro to team (traditional land owners)
2		Pipe cleaners
3		Connection - My name is, an activity I enjoy
4		Agenda & Building Blocks
5		Safety Circle
6		Positive Names
7		What is this Workshop – History – Journey – Philosophy – Housekeeping
8		Lift: Big Wind Blows
9		Face 2 Face & Affirmation Pairs
10		Paper Tear
11		Reflection
12		U Choose!!!!
13		Closing: Pyramid – Something I bring to this workshop

	DAY 1	SESSION 3 1:30 - 3pm
1		Welcome Back!
2		Connection: What drew me here and what I hope to get from this workshop
3		Agenda
4		Back to Back Drawing
6		Lift: Pattern Ball
7		Concentric Circles
8		Reflection - Line Ups
9		Closing: Energy hands

	DAY 1	SESSION 4 3 - 6:30pm
1		Welcome Again!
2		Connection: A Place I like to Be
3		Agenda
4		Violence And Peace Trees
5		Lift: Here I Sit
6		A conflict I solved nonviolently/Keys to Transforming Power
7		Lift: Earthquake
8		Reflection
9		Closing: Stand by your Key

	DAY 2	SESSION 5. 9 - 11:00
1		Group stretch
		Welcome back. - imaginary ball
2		Connection: How I Used/Didn't Use My Key Last Night
3		Agenda
4		Transforming Power revisited/pictures
4		Crossing the River
5		Red and Green Messages
6		Power Grab
7		Reflection
8		Closing: Rainstorm

	DAY 2	Session 6. 11:30 - 1:00pm
1		Welcome Again!
2		Gathering: A Way I Deal with Conflict
3		Agenda
4		Underlying anger
5		Lift. Wachya doing
6		Brainstorm of conflict scenarios
7		Theatre groups
8		Role play prep
9		Lunch

	DAY 2	Session 7 1 - 4pm.
1		Welcome Again!
2		Gathering: count 1-10
3		Agenda
4		Role-play 1
5		Role-play 2
6		Lift: Knees, Clap, Click, Woo!
7		Role-play 3
8		Jailbreak
9		Tea break
1		Session 8. 4-6:30 PM
2		Gathering: an aha moment
3		Building blocks/agenda reflection
4		Unanswered questions
5		Un- gathering: something I've learned from this workshop and how I will take care of this learning
6		Evaluation forms
7		Graduation
8		Where to from here?
9		Close: Energy Hands